I claim:

- 1. An apparatus for measuring displacement, the apparatus comprising:
- a machine element having an interior wall and an exterior wall and further having a first end wall substantially enclosing the interior wall and the exterior wall;
 - a shaft element movable within the machine element;
- a head element attached to the shaft element adjacent to the interior wall of the machine element;
 - a light source attached to the machine element; and
- a sensor attached to the machine element and positioned to detect intensity of light within the machine element.
- 2. The apparatus of Claim 1 further comprising: a coating on the shaft element.
- 3. The apparatus of Claim 1 further comprising: a coating on the interior wall of the machine element.
- 4. The apparatus of Claim 1 further comprising: a seal disposed around the shaft element.
- 5. The apparatus of Claim 1 further comprising:
- a second end wall opposite to the first end wall wherein the second end wall has a groove.
- 6. The apparatus of Claim 1 further comprising:
- a first brush positioned at the end wall of the machine element.
- 7. The apparatus of Claim 6 wherein the first brush is constructed from wire.
- 8. The apparatus of Claim 1 further comprising:
- a second brush positioned at the end wall of the machine element.
- 9. The apparatus of Claim 8 wherein the second brush is constructed from bronze.
- 10. The apparatus of Claim 1 further comprising:

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an additional sensor attached to the machine element and positioned to detect intensity of light within the machine element.

11. An apparatus for cleaning a machine component, the apparatus comprising:

a machine element having an interior wall and an exterior wall and further having an end wall substantially enclosing the interior wall and the exterior wall;

a shaft element movable within the machine element;

a head element attached to the shaft element and adjacent to the interior wall of the machine element; and

a first brush positioned at the end wall of the machine element in contact with the shaft element.

12. The apparatus of Claim 11 further comprising:

a seal disposed around the shaft.

13. The apparatus of Claim 11 further comprising: a coating on the shaft element.

14. The apparatus of Claim 11 further comprising:

a second brush positioned at the end wall of the machine element.

15. The apparatus of Claim 11 further comprising:

a light source attached to the machine element.

16. The apparatus of Claim 11 further comprising:

a sensor positioned to receive reflected light within the machine element.

17. A method for measuring displacement of a machine element, the method comprising the steps of:

providing a machine element having an interior and an exterior wall and further having an end wall;

providing a shafft element capable of movement within the machine element;

attaching a head element to the shaft element;

positioning the head element adjacent to the interior wall of the machine element;

attaching a light source to the machine element; attaching a sensor to the machine element; and

 measuring intensity of light within the machine element from reflected light detected by the sensor.

18. The method of Claim 17 further comprising the steps of: moving the shaft element; and

producing an output signal as the shaft element moves within the machine element.

19. The method of Claim 17 further comprising the steps of: providing a processing unit that receives the output signal; and

displaying the output signal.

- 20. The method of Claim 17 further comprising the step of: positioning a seal at the end wall of the machine element.
- 21. The method of Claim 17 further comprising the step of: attaching a first brush to the machine element.
- 22. The method of Claim 17 further comprising the step of: attaching a second brush to the machine element.